

# 6 WEEK KUNG FU SEMINARS:

## 1ST SESSION:

### **JOINT LOCKING & MANIPULATION WITH SHIFU LISANDRO VEGA**

#### **Build your martial arts skills!**

Joint Locking and Manipulation, AKA Chin-Na, is used to control or lock an opponent's joints or muscles/tendons so she/he cannot move, neutralizing the opponent's fighting ability. Shifu Li will teach practical and efficient techniques derived from Eagle Claw and Shaolin Kung Fu.

**Tuesday evenings at 6:30pm**

**6 weeks: July 6 – August 9, 2010**

**Members\*: Only \$120.00**

**Non-members: \$140.00**

**No prior experience required, AGES 13+**

\*includes members of any Warriors Fusion School

To sign up, Call 413-364-7734, or stop in and see one of the Instructors



**SHAOLIN KUNG FU**  
*Of Amherst*  
[www.kungfuofamherst.com](http://www.kungfuofamherst.com)

**Registration Deadline:**  
**Thursday, July 2**